



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09255, Pears, canned, extra light syrup pack, solids and liquids

Report Date: June 30, 2017 20:01 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.69 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 247g	1 half, with liquid 76g
Proximates						
Water	g	87.30	2	--	215.63	66.35
Energy	kcal	47	--	--	116	36
Energy	kJ	197	--	--	487	150
Protein	g	0.30	2	--	0.74	0.23
Total lipid (fat)	g	0.10	2	--	0.25	0.08
Ash	g	0.10	2	--	0.25	0.08
Carbohydrate, by difference	g	12.20	--	--	30.13	9.27
Fiber, total dietary	g	1.6	--	--	4.0	1.2
Minerals						
Calcium, Ca	mg	7	2	--	17	5
Iron, Fe	mg	0.20	2	--	0.49	0.15
Magnesium, Mg	mg	5	2	--	12	4
Phosphorus, P	mg	7	2	--	17	5
Potassium, K	mg	45	2	--	111	34
Sodium, Na	mg	2	2	--	5	2
Zinc, Zn	mg	0.07	2	--	0.17	0.05
Copper, Cu	mg	0.070	2	--	0.173	0.053
Manganese, Mn	mg	0.033	--	--	0.082	0.025
Vitamins						
Vitamin C, total ascorbic acid	mg	2.0	2	--	4.9	1.5
Thiamin	mg	0.010	2	--	0.025	0.008
Riboflavin	mg	0.020	2	--	0.049	0.015

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 247g	1 half, with liquid 76g
Niacin	mg	0.400	2	--	0.988	0.304
Pantothenic acid	mg	0.022	--	--	0.054	0.017
Vitamin B-6	mg	0.014	--	--	0.035	0.011
Folate, total	µg	1	--	--	2	1
Folic acid	µg	0	--	--	0	0
Folate, food	µg	1	--	--	2	1
Folate, DFE	µg	1	--	--	2	1
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Lipids						
Fatty acids, total saturated	g	0.006	--	--	0.015	0.005
16:0	g	0.004	--	--	0.010	0.003
18:0	g	0.001	--	--	0.002	0.001
Fatty acids, total monounsaturated	g	0.021	--	--	0.052	0.016
18:1 undifferentiated	g	0.020	--	--	0.049	0.015
Fatty acids, total polyunsaturated	g	0.023	--	--	0.057	0.017
18:2 undifferentiated	g	0.023	--	--	0.057	0.017
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Threonine	g	0.008	--	--	0.020	0.006
Isoleucine	g	0.009	--	--	0.022	0.007
Leucine	g	0.015	--	--	0.037	0.011
Lysine	g	0.011	--	--	0.027	0.008
Methionine	g	0.004	--	--	0.010	0.003
Cystine	g	0.003	--	--	0.007	0.002
Phenylalanine	g	0.008	--	--	0.020	0.006
Tyrosine	g	0.003	--	--	0.007	0.002
Valine	g	0.011	--	--	0.027	0.008

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 247g	1 half, with liquid 76g
Arginine	g	0.005	--	--	0.012	0.004
Histidine	g	0.003	--	--	0.007	0.002
Alanine	g	0.010	--	--	0.025	0.008
Aspartic acid	g	0.059	--	--	0.146	0.045
Glutamic acid	g	0.022	--	--	0.054	0.017
Glycine	g	0.009	--	--	0.022	0.007
Proline	g	0.008	--	--	0.020	0.006
Serine	g	0.011	--	--	0.027	0.008
Other						